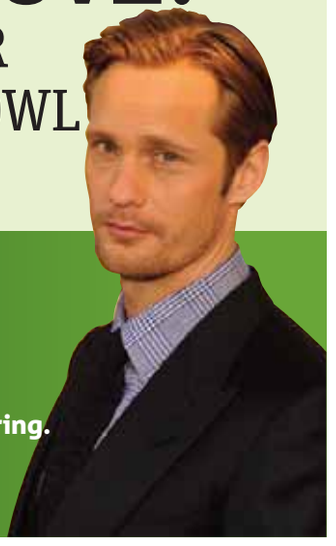
FOOD DAY CANADA
CELEBRATE WITH CANADIAN-SOURCED FOODS {page 26}

NO TRUE LOVE?
TRUE BLOOD STAR BACK ON THE PROWL AFTER SPLIT {page 16}



OTTAWA metro®

Thursday, July 28, 2011
www.metronews.ca

News worth sharing.

Pick. A card

▶ Amazed and delighted kids watch Ottawa magician Eric Leclerc wow Parliament Hill yesterday.

JESSICA SMITH/METRO

Magician putting bag of tricks on YouTube

Eric Leclerc is performing one trick a day on YouTube for a year, but unlike other magicians he isn't showing the whole Internet how he does it. To find out why, check out metronews.ca.

Family mourning 'little angel'

Family thanks would-be rescuers online

The funeral for a boy killed in a tree-clearing accident will be held Sunday in Masham, his family said in a public notice.

Seven-year-old Alexis Breton Sanctuaire died July 19 on his family's property in La Pêche, Quebec. He was exploring a tree blown over by a storm, with some of its roots exposed. Pressure from the roots still in the ground caused the stump to spring back into the ground when the trunk was cut. The roots crushed the little boy.

His parents, Daniel Sanctuaire and Chantal Breton, said he left behind a little sister named Maude.

In the obituary, his parents thanked the people who helped Alexis, including the neighbour who was first on the scene, Alain Martineau.

The family also thanked the staff at Wakefield Hospital and CHEO and said that, through organ donation, Alexis saved two lives.

Donations to help the family can be made at the Caisse Populaire de Masham in La Pêche.

JESSICA SMITH

"We wish to thank the people who helped try to save the life of our son."
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MATTAMY homes

www.mattamyhomesottawa.com

KANATA

Here's What Summer Looks Like From A Fairwinds Backyard.

Fairwinds walking/biking trail

Complete Range Of Homes In A Mature Community.

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Single Car Garage Home, The Havenhurst, Elev. 'B', 1,918 Sq.Ft., $363,990

Double Car Garage Home, The Valleyfield, Elev. 'B', 2,417 Sq.Ft., $412,990

Fairwinds

Townhomes From $221,990
Detached Homes From $299,990

BARRHAVEN

Catch The Best Of Summer In Half Moon Bay.

Summertime living in Mattamy On Half Moon Bay is filled with lots to do and see.

This is a great family community with nature all around and recreational features throughout the community. There is an abundance of parks and playgrounds scattered around the neighbourhood. There are extensive walking/biking trails that connect with other trail systems.

You'll find shopping available right in the neighbourhood, a great community pavilion facing the bay where families can gather for picnics and summer games. And of course there's the natural beauty of Half Moon Bay where a perfect summer day includes a canoe ride along the Jock River.

You'll find a full range of homes for families large and small. Come for a stroll through Half Moon Bay and you'll find plenty of reasons to want to stay.

MATTAMY homes
Half Moon Bay
SOUTH

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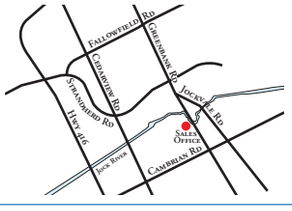
Detached Homes From $299,990



Fairwinds Sales Centre
1776 Maple Grove Road , Kanata
613.831.9369

Half Moon Bay Sales Centre
3454 Greenbank Road , Barrhaven
613.825.7932

Sales Centre Hours
Monday to Thursday 1pm-8pm; Friday 1pm-6pm;
Saturday, Sunday and Holidays 11am-6pm

All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.

Two dump truck crashes, one death

An 86-year-old woman was killed yesterday morning when the car she was riding in collided with a dump truck at Rideau Road and Bank Street in South Ottawa.

The driver of the car, another elderly woman, was rushed to hospital in serious condition, paramedics said. The dump truck driver was not hurt.

Fire crews extricated the women from the car and a firefighter rode with the injured woman to hospital, said a spokesperson.

Emergency crews were called to the scene immediately after the crash at about 10:30 a.m. but police closed down the intersection for hours as they investigated.

Around the same time a Gatineau man was seriously injured in a separate collision with a different dump truck at Old Perth Road and County Road 29 in Almonte, said OPP officers.

He was airlifted to Ottawa Civic Hospital shortly after 10:30 a.m.

The driver of that dump truck also was not injured.

JESSICA SMITH

JESSICA SMITH/METRO

▶ Ottawa police collision investigators examine one of the crash scenes yesterday.

Cycling to end use of child soldiers

250,000 children worldwide being used as weapons of war, says Dallaire Teens hope to raise at least $150,000 for advocacy group as they bike from coast to coast

JOE LOFARO
@METRONEWS.CA

Most 19-year-olds like to relax during summer vacation before heading back to school. But for a trio from Montreal, going back to school will be the vacation.

Mitch Torrens, Drew Steeves and Laurent Gazaille are biking from Vancouver to Halifax to raise awareness and funds for Zero Force, a campaign by the Child Soldiers Initiative (CSI) which aims to eradicate the use of child soldiers.

The young men were escorted by members of the Ottawa Police Service on their bikes to Parliament Hill yesterday and were congratulated by Senator Romeo Dallaire who founded CSI.

"Children (are) armed and used as the primary weapon in wars ... across the world."
SENATOR ROMEO DALLAIRE

"(Dallaire) is a big source of inspiration for all of us and … we had the idea to do a cycling trip and we thought it fit in exactly with what we wanted to do," said Torrens. "As youth, we thought we'd be able to come forward and make a difference."

The cycling team started their trek across Canada June 5 and plan to enter Halifax August 13.

JOE LOFARO/METRO

▶ Senator Romeo Dallaire speaks about children being used as weapons of war, while Zero Force cyclists Mitch Torrens, left, Drew Steeves and Laurent Gazaille listen.

1 news

Restaurant owners are making a beeline for rooftop hives. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Adrenaline junkies can look down on Toronto from way up with CN Tower's EdgeWalk. Video at metronews.ca

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News in brief

Cops probe Riverside sex assaults

Ottawa Police are investigating two reported incidents of sexual assault in the Riverside Area. The first incident occurred on July 19 at the Greenboro transit station and the second incident occurred Tuesday near the Riverside bike path. In both incidents, the male suspect approached the female victims and pulled their pants down. Police describe the suspect as an English-speaking male, possibly of Aboriginal descent, 16 to 25 years of age, approximately 5'11", with a medium to stocky build, pudgy face, medium skin tone, and short dark hair.

JOE LOFARO

Motorcycle crash amputates man's foot

A 41-year-old man suffered a "complete amputation," of his left foot after a motorcycle crash at Prince of Wales Drive and Woodroffe Avenue around 5 p.m. Paramedics said he was taken to hospital and is listed in stable condition. METRO

Canada loses geography championsip

Canada, the defending champion of the National Geographic World Championship lost its first place title to Russia yesterday and placed second. Chinese Taipei was third. The contest of geographic knowledge was held at at Google headquarters in Mountain View, Calif.

METRO

Festival looks to the past

Rideau Canal Festival celebrates Ontario's only UNESCO World Heritage Site Variety of events run from Thursday through Monday

JOE LOFARO
@METRONEWS.CA

JOE LOFARO/METRO

Rideau Canal Festival head organizer poses next to the Connecting Children with World Heritage columns, which kids can decorate while learning about the environment.

The Rideau Canal will be bustling with visitors for the 4th edition of the Rideau Canal Festival Thursday, and organizers say they have new attractions that will turn some heads.

New this year are two Bicycle Chic Fashion Shows, which will blend haute couture and bike wear featured by Richard Robinson, Peter Kunstadt, and Green Tree Eco Boutique Shop.

Head organizer Michel Gauthier said this year's event will also include a main stage for musical performances to honour the Scottish, British, French Canadian, and Aboriginal people who helped build the canal.

"Everybody enjoys the canal," said Gauthier. "We go skating on it, we go cycling. So this is a time to celebrate it and to celebrate the nations that built it.

"It's exciting because it's celebrating a symbol of Ottawa," he added.

Visit rideaucanalfestival.ca for more information.

Celebrate

- **Yoga on the Canal** Bring a yoga mat to Dows Lake Pavilion and enjoy a relaxing class with Yoga Travels Saturday from 10 a.m. to 3 p.m. and Sunday from 10 a.m. to 4 p.m.
- **Heritage Bicycle Tours** Learn about the city and the Rideau Canal while biking through Ottawa's historical spots. Tours begin Saturday and Sunday at 1 p.m. and 1:30 p.m.
- **Canal Art** This year's theme at Confederation Park is connections, which features gigantic art installations from local artists. Check them out Thursday from 4 to 6 p.m.
- **Chic Fashion Show** The show will highlight the latest in bicycling fashion featuring local retailers and designers. The show runs from 2 to 4 p.m. on Sunday.

EAST AFRICA DROUGHT CRISIS

HUMANITARIAN COALITION MEMBERS ON THE GROUND BRING RELIEF TO SUFFERING FAMILIES.

Severe drought across large parts of Kenya, Ethiopia and Somalia threatens the lives of 11 million children and their families. HUMANITARIAN COALITION members work tirelessly to save the lives of those vulnerable to death and disease.

Your help is urgently needed to save lives. PLEASE GIVE NOW!

Every donation made before September 16 will be matched by a Canadian government relief fund to rush food, clean water, shelter and medical supplies to devastated children and families fighting for survival.

care Oxfam Canada Oxfam Québec Plan Save the Children Canada

THE HUMANITARIAN COALITION: Together – saving more lives.

CRISIS ALERT: Please donate now at www.together.ca or call 1-800-464-9154

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Turmel gets NDP's vote

Rookie wins unanimous backing as interim leader Layton's choice

New Democrat MPs have unanimously backed rookie Quebec MP Nycole Turmel as interim leader.

The MPs have wrapped up a special caucus meeting to consider Turmel as a temporary replacement for ailing chief Jack Layton.

THE CANADIAN PRESS

Nycole Turmel

"We have overwhelming, unanimous support for the recommendation that Nycole Turmel be our interim leader," said Libby Davies, Layton's deputy.

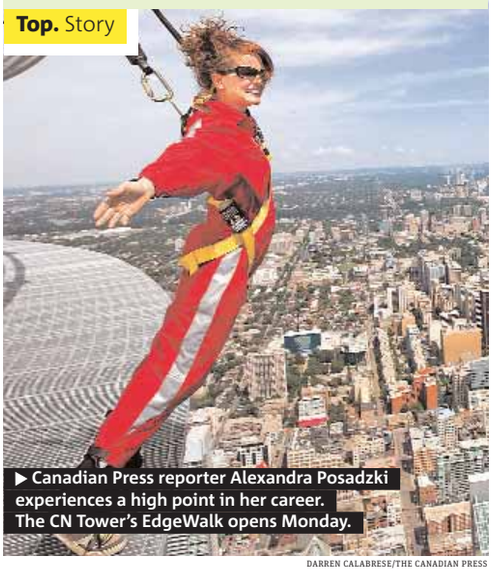
Layton recommended Turmel for the post on Monday, when he announced he would take a leave of absence while undergoing another round of cancer therapy.

Turmel, a former national union leader who is already chair of the caucus, thanked the MPs for their support, but declined to answer questions until her position is confirmed by the national council.

Davies acknowledged the NDP faces a difficult situation with its best-known figure offstage, but she denied the party will be adrift without the charismatic Jack Layton.

THE CANADIAN PRESS

Top. Story



▶ Canadian Press reporter Alexandra Posadzki experiences a high point in her career. The CN Tower's EdgeWalk opens Monday.

DARREN CALABRESE/THE CANADIAN PRESS

On the daredevil beat

Reporters are an intrepid bunch. They proved it yesterday at a media preview of the EdgeWalk attraction on Toronto's CN Tower. Hearts thumping, they were strapped in to a harness and negotiated a walkway 356 metres above the city. Now isn't this more fun than covering a council meeting?

T.O. mayor escapes cellphone charge

Toronto Mayor Rob Ford, pictured, won't be charged after acknowledging he was talking on his cellphone while driving, police said yesterday.

No charges have been pursued against other motorists who admitted after the fact to driving while talking on the phone and equal treatment will be given to the mayor, said Toronto police spokesperson Mark Pugash.

▶ Rob Ford

"There are some logistical problems with doing it after the fact," he added. Ford denies giving the finger to a woman who spotted him talking on his cellphone.

THE CANADIAN PRESS

The Big One to hit near Vancouver?

42 Calvert says the fault line beneath Washington state is 27 to 42 km, not 25 to 35 km as previously believed.

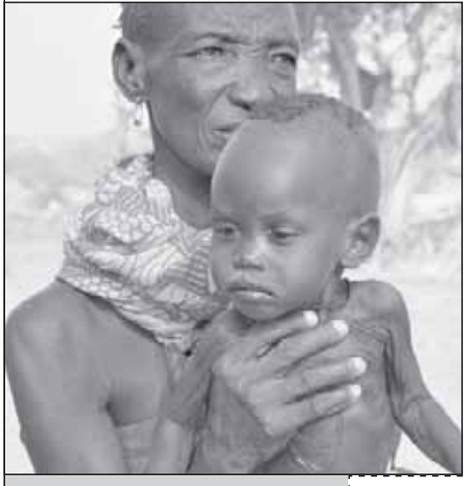
A new study says the next major earthquake to hit the Pacific Northwest could strike south of Vancouver Island.

Professor Andy Calvert, the lead author of the study at Simon Fraser University, says it shows the fault line between two tectonic plates in the Pacific Northwest is seven kilometres deeper than believed.

THE CANADIAN PRESS

URGENT: Famine in the Horn of Africa

World Vision



Millions face starvation. Canadian government will match your donation to help children and families.

Deadly hunger is sweeping through Somalia, where the United Nations has declared a famine. Children are dying as it spreads into Kenya and Ethiopia.

Thousands of desperate people are coming to World Vision. Many, critically malnourished themselves, beg for food for their emaciated children. For many, death is only days or hours away.

We are providing life-saving emergency food and water, preventing the spread of disease, and will help families rebuild their lives. But the need is desperate, and more support is needed immediately.

Please act now. Your gift doubles in value.

The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of $50 will provide $100 of life-saving food for desperate children and families. $100 provides $200 of food. Please respond now.

Mail the form below or give immediately at WorldVision.ca/help

World Vision is a Christian relief, development, and advocacy organization dedicated to working with children, families, and communities to overcome poverty and injustice. As followers of Jesus, we are motivated by God's love to serve all people regardless of race, religion, gender, or ethnicity.

FAMINE EMERGENCY: Here's my gift to help starving children and families in the Horn of Africa.

Here's my donation to be matched:

☐ $50 ☐ $100 ☐ $200 ☐ $_____ to help as much as possible

Name _____

Address _____ Apt._____

City _____ Province _____ Postal Code _____

Telephone _____ E-mail Address _____

I would like to use my: ☐ VISA ☐ MasterCard ☐ American Express

CARD NUMBER _____ EXPIRY DATE _____

SIGNATURE _____

Please make your cheque payable to: World Vision

4249488/100958

1 World Drive, Mississauga, Ontario L5T 2Y4
You can donate online at WorldVision.ca/help

Donate now by calling 1 800-268-1650 or go online at WorldVision.ca/help

GIVES LIKE NOTHING ELSE

Touch the new HP TouchPad and $2 will be donated to Boys and Girls Clubs of Canada.

BYWARD MARKET

July 30th & July 31st 10AM – 6PM

Find out more at hp.ca/touchpadgives

Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

Everybody On hp TouchPad

Between July 15th, and August 31st, 2011 HP will donate $2 to Boys and Girls Clubs of Canada each time a participant touches the TouchPad screen and makes his/her impression, up to a maximum of $100,000 CDN. All screen images simulated.

By the numbers

7

Moldovan authorities say seven people have been charged with organ trafficking. The prosecutor's office said that they were part of an international network that harvested kidneys from 11 Moldovan citizens. It says poor Moldovans were persuaded to sell their kidneys for illegal transplants for $2,760 to $6,920. Moldova is one of Europe's poorest countries, with an average monthly salary of $190.

THE ASSOCIATED PRESS

12

After being arrested, strip-searched and held in jail for 12 days, Janet Goodin still has no idea how border guards mistook her motor oil for liquid heroin. Goodin, 66, is looking for an apology and financial compensation. She says she would like to sue the Canada Border Services Agency, but can't afford to. "I'm on a fixed income, so that's not possible," Goodin said. "An apology would be nice, and I would like to be able to pay back the relative that I borrowed money (for legal fees) from."

THE CANADIAN PRESS

1,500

Hundreds of people protested in the small kingdom of Swaziland over claims that poor governance by sub-Saharan Africa's sole monarch has led to a shortage of essential medical supplies and a failing economy. More than 500 people demonstrated in the capital yesterday while nearly 1,000 protested in the western town of Siteki. Protests were peaceful but heavily guarded.

THE ASSOCIATED PRESS

Heavy rains sweep Seoul

Landslides leave 36 dead, 620 homeless Dozens still missing

Walls of mud barrelling down a hill buried 10 college students sleeping in a resort cabin and flash floods submerged the streets and subway stations in Seoul, killing at least 36 people yesterday in South Korea's heaviest rains this year.

The students were engulfed by a landslide in Chuncheon, about 110 kilometres northeast of Seoul, said fire marshal Byun Insoo. A married couple and a convenience store owner also died.

In southern Seoul, 16 people died when mud crashed through homes at the foot of a mountain. The National Emergency Management Agency reported seven deaths due to flooding in a stream just south of the capital and said the toll was expected to rise as dozens of people were missing.

Fast-moving mudwaters filled the streets in Seoul, sending residents scrambling to the roofs of their partially submerged cars. Water filled some subway stations and spewed from sewers. TV images showed people in one flooded station using shovels, brooms and a wooden board in an effort to keep more rain from coming in. Internet and wireless connections failed in southern Seoul due to power failures.

The Seoul Metropolitan Police Agency issued a traffic emergency, mobilizing more officers to deal with the inclement weather.

Many citizens complained online that Seoul had neglected to prepare for the downpours.

THE ASSOCIATED PRESS

NEWSIS/THE ASSOCIATED PRESS

▶ Residents on a makeshift raft flee a flooded area in Gwangju, South Korea, yesterday.

Flooded city

- **Witnesses said the** landslide sounded like a massive explosion or a freight train.
- **About 670 firefighters,** soldiers, police and others rushed to rescue those trapped and extract the dead from the mud and wreckage in Chuncheon.

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*For every dollar donated by individual Canadians to UNICEF Canada by September 16, 2011, the Government of Canada will contribute a dollar to relief efforts in the Horn of Africa.

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Saturdays: 9am to noon (6 Levels)
ENGLISH AS A SECOND LANGUAGE (5 LEVELS)
September 26 to December 17, 2011

FULL TIME
4 weeks (60 hours in class and 60 hours online)
FRENCH AS A SECOND LANGUAGE (4 Levels)
August 8 to September 2, 2011
Level 1 and 3 – 12:30 pm to 3:30 pm;
Level 2 and 4 – 9 am to noon;
Level 5 and 6 - please check our website
September 12 to October 7, 2011
Level 1 and 3 – 9 am to noon;
Level 2 and 4 – 12:30 pm to 3:30 pm;
Level 5 and 6 - please check our website

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Hardiest critters survive quake

Goldfish survived New Zealand disaster, 134 days without food before being rescued Owner 'astounded'

There were no Scooby snacks to eat — but at least they had each other for company.

Two goldfish, named Shaggy and Daphne after characters from the animated television show Scooby Doo, have become the smallest and hardiest survivors of the devastating February earthquake in Christchurch that killed 181 people.

The fish spent four and a half months — 134 days — trapped in their High Street office tank in the city's off-limits downtown without anyone to feed them or even any electricity to power their tank filter before they were discovered this month and rescued.

The fish looked dull in colour, but otherwise appeared fine, said Vicky Thornley, the office director, who had held the tank steady during the quake.

Hundreds of dogs, cats, roosters and other pets were rescued within the first two weeks of the quake.

THE ASSOCIATED PRESS

Survival tactics

So how did they do it?

- **Luckily for the fish,** they lived in a large 26-gallon (100-litre) tank. They had weed to munch through. And, according to Clarkson, the fish may have gleaned some nutrition from eating algae growing on the tank's rocks and walls. He said naturally growing bacteria may have helped keep the water clean enough to sustain life.
- **Then there's the delicate** question of their missing companions. There were six goldfish in the tank when the earthquake struck. By the time the survivors were found, no trace remained of three of the fish. A fourth was found floating in the tank. Goldfish are, after all, omnivores.

Heat wave. Russia

▶ A man jumps in a fountain in St. Petersburg yesterday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Great leap forward

The mercury hit 33 C in St. Petersburg, Russia, where even Soviet Vladimir Lenin might have approved of this leap to stay cool.

Tourists fume on Peru's magic trail

Hundreds of unticketed tourists have been turned away from Machu Picchu this week as Peru's famed Inca ruins reached capacity.

Angry tourists blocked a bridge for two hours Monday in the town of Aguas Calientes at the entrance to the ruins. That impeded buses that ferry visitors to the hilltop archaeological site.

ASSOCIATED PRESS

If you go

Remember your tickets.

- **Authorities established** the 2,500-person limit for Peru's main attraction as a conservation measure.
- **Tickets are available** online at machupicchu.gob.pe.

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That's how we like them Apples

iPhone rules with Canadians But RIM still has the biggest overall market share in the country

Live wires

- **Of the countries comScore** monitors, Canada ranks fourth in smartphone ownership, behind the U.K., Spain and Italy. Canada is ahead of the United States, France and Germany.
- **About 24 per cent of** Canadian users access credit card data on their phone almost every day.
- **Some 16 per cent go to** online retail sites almost every day.
- **About seven per cent** trade stocks on their smartphones, 10 per cent do online shopping, 12 per cent make electronic payments and 13 per cent use auction sites.

Canada's most popular cellphone is the Apple iPhone 4, measurement firm comScore says. In fact, Apple takes four spots on the Top 10 list of most-used phones in Canada.

The 16-gigabyte iPhone 4 was the phone of choice for 516,000 Canadian users. The 32-gigabyte version was sixth on the list, with almost 337,000 users.

Apple also took second place with the eight-gigabyte iPhone 3GS, used by almost 485,000 users, and ninth with the eight-gigabyte iPhone 3G, at almost 300,000 sold.

While Research in Motion has the biggest share of the overall smartphone market in Canada — with 42 per cent, versus 33 per cent for Apple — it holds only seventh and eighth place in the Top 10, with the Bold 9700 (321,000 users) and Curve 8530 (307,000 users).

"There's a lot more RIM devices than Apple devices," said Bryan Segal, a vice-president of comScore, explaining why RIM still leads in the overall smartphone race.

"If you look at best-selling devices 11 through 50 you're going to see RIM plays a really key role in terms of being one of the top device makers."

ComScore says about 33 per cent of Canadians own a smartphone, but Segal predicts that number will soon spike as a huge group of consumers are getting ready to upgrade their phones.

THE CANADIAN PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Many Canadians have owned their phones for two to three years, comScore says, which means large numbers of people will be buying new phones in the next few months.

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Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 267.89 (13,032.67)	- 0.68¢ (105.39¢ US)

Oil	Natural gas 1,000 cu ft
- $2.19 ($97.40 US)	$4.318 US (- 1.3¢)

Gold contract $1,615.10 US (- $1.70)

COMPANY IN TRANSITION

Nokia loses ground to rivals

Nokia's credit rating was downgraded yesterday as the world's largest producer of cellphones struggles to compete in the smartphone segment.

Moody's Investors Service said it downgraded the Finnish phonemaker's debt rating by two notches, from A3 to Baa2, due to a "severe weakening" of Nokia's business position. A downgrade matters because the lower rating implies higher costs.

Moody's warned that it will take time for Nokia to make its operating systems Windows-compatible even after partnering with Microsoft.

Wolfgang Draack, Moody's senior vice-president, said the benefits of the switchover to Windows would likely not emerge until the second half of 2012.

THE ASSOCIATED PRESS

Hulu versus Netflix: How to watch?

Half of Netflix users connect to the video-streaming service via gaming console, says a Nielsen survey that looked at viewing habits of Netflix and Hulu users.

By contrast, the wide majority of Hulu users, 89 per cent, watch Hulu on a computer. Nearly three-quarters of Hulu users watch mostly TV shows, Nielsen says, while more than half of Netflix users watch mainly movies.

More than 15 billion videos were streamed in May, an all-time high.

THE ASSOCIATED PRESS

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I'M NOT REALLY ROLLING ON THE FLOOR, LOL

HE SAYS ...

JOHN MAZEROLLE
METRO

I've become everything I've ever hated. For the first time, I own a cellphone.

Frequent readers will know I resisted cell ownership for a long time.

I'd watch my friends and how it changed them, making them more machine than man, twisted and evil.

One friend would walk with his head buried in his iPhone, never looking up for anything short of a natural-gas explosion. I trust the weather app saved him from the trouble of ever having to look at the sky.

Another boasted how people complimented her on her nifty fold-in keyboard. It was like her phone was a lame stand-in for a new car, similar to when childless women talk incessantly about their fascinating and never-tiresome cats.

"In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas. "

A third friend accidentally flushed her phone down an automatic toilet, which was amusing enough, but it lost its humour as she fretted that her friends might think she was dead. Every time a new person would arrive she'd grab them by the shoulders and scream "I FLUSHED MY CELLPHONE DOWN THE TOILET" with the same intensity one normally saves for explaining that Soylent Green is people.

In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas.

And as a word lover, it was hard to see people strip perfectly good vowels from words, not to mention lying about how much they are laughing and/or rolling on the floor.

So I went cell-less and, as time passed, I came to enjoy being seen as an outsider. Friends acted like I hadn't received my polio shots — "You NEED one!" — but I just couldn't see it. I had no reason to have a cellphone.

But then, a realization: As I removed the usual dozen unheard messages from my land line — all hangups from shady 'businesses' — it occurred to me for the first time: I had no reason to have a land line.

Nobody ever called me, thanks to email, and I was getting so many spam calls that when it did ring I wouldn't answer.

So I'm now the proud owner of a fancy-schmancy cellphone — I use it as a GPS, video-game console, weight-tracker and excuse to avoid people on public transit.

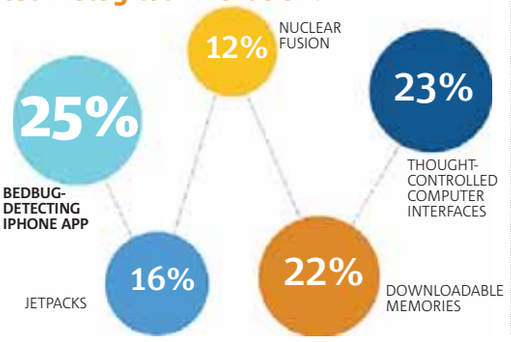
It was a hard decision to join the pack, but I've satisfied my need to be different by also cancelling my Wi-Fi at home, which I found just kept me from my work.

See? IMHO, I'm still an outsider! ROTFLMAO! (pls kill me)

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

What should be the next big technological innovation?



Local tweets

@SinaRed: SO happy today is over! #relaxing & #reading for a bit then bed!Gonna be a GREAT sleep! I ♥ working with my daddy! He is the best man alive!

@joelspaceship: I LOVE VHS!"@OMGFacts: The first VCR weighed nearly 1,500 lbs. It took another 15 years before a version small and light enough for home..."

@EricMPaq: @SarahDark-magic @rdonoghue I think we can have a feminist rpg. Come on, there was trash like FATAL that was made/published. We can do better

@activesteve: No matter how much time I spend in Gatineau Park, still love it! Gr8 50k ride with @haggaret. Using the 'sneakaround' we did the proper loop

@ispymusique: High dials tonight @ zaphod's. Summer pop music here we go. #ottawa

@S_Christophe: Just drove to the west end of #ottawa and back downtown in less than 30 minutes. Too sick! #boss #imspeeding

Worth Mentioning

U.K. Britain's advertising standards council banned two makeup advertisements featuring actress Julia Roberts and model Christy Turlington yesterday, ruling the ads — which used digitally altered photographs — were misleading and could no longer be used.

The Advertising Standards Authority found that the airbrushed images used by L'Oreal in magazine ad campaigns exaggerated the results women could expect from using the beauty products.

The decision was seen as a step forward in an ongoing campaign to limit the retouching of photos in beauty-related ads in Britain.

"It highlights one of the main issues, that these hyper-perfect versions of beauty are undermining people's confidence because they are beyond what's achievable," said Susan Ringwood, chief executive of Beat, which campaigns to combat eating disorders.

The advertising standards council is now allowed to consider the social impact of the ads as a criteria on whether they are acceptable.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Hospital bills dead woman's estate $9.2M

A Florida hospital has filed a $9.2-million claim against the estate of a woman who died after spending five years in the hospital, according to court documents.

That's how much the hospital says is owed for the care of Tameka Campbell, the documents say. She died at age 29 two years ago of progressive demyelinating neuropathy.

It is unclear whether the $9.2 million in hospital charges is a record.

Health News Florida checked with the American Hospital Association, the Health Care Financial Management Association, and others, but no one knew of any records.

"That would have to be the biggest bill I've heard of," said Alan Levine, a division president at the Naples-based hospital chain Health Management Associates.

"I've seen more than $1 million," he said. "But not $9 million." Fort Myers hospital consultant Peter Young said, "A bill that large may well be in a league of its own and a Guinness Book of Records bill!"

An online search of Guinness World Records offers no category for "largest hospital bill." THE ASSOCIATED PRESS

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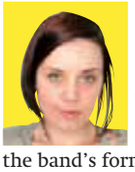
Specializing in 'raw' sound

- **Band is heavily influenced by artists of the '50s, '60s and '70s**
- **Have spent time mastering their craft in Austin, Texas**

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



For Ottawa's own The Polymorphines, energy is the key ingredient to the band's formula.

"It's a huge component, not just in our stage show, but in our songwriting, and recording as well," says frontman Jeremy Brisebois.

"We strive to have our sound be raw, full of attitude, and electrifying."

That raw sound is reminiscent of classic artists from the '50s, '60s and '70s. Bands and artists like Chuck Berry, The Sonics, The Kinks and The Rolling Stones have heavily influenced The Polymorphines.

Brisebois says acts like that "have helped lay the foundation of what our music is, and continually becoming."

In order to capture that kind of sound, the band has spent a lot of time in Austin, Texas — one of the most musically affiliated cities in the world.

"Fringe is the mainstream in Austin and, for people like us, there's inspiration around every corner," explains Brisebois.

"Every night there's awesome live music being played in multiple venues and you get that feeling that you could run into anyone at any time."

And, because of their time spent in Texas, The Polymorphines were inspired to tour the southern United States; an experience that Brisebois claims was both intense and surreal.

"I felt like I was in a movie half the time. The culture is so different and very laid-back. The people we encountered were very hospitable and generous, and they were genuinely interested in what we were doing."

And, in terms of the differences between American and Canadian audiences, the frontman says the major difference is audience reaction and participation.

"Show-goers in the States want to be more of a part of the show," says Brisebois, "even if they are unfamiliar with our band."

He claims Canadian audiences are a bit more apprehensive about joining the party if they aren't familiar with the music. But that just makes the band work harder.

"There's no better feeling than making that connection with audiences from Canada because they're the people we'll see more frequently when we're on tour, and so establishing that connection makes it feel like they are part of our extended family. It's a really great feeling when it happens."

The Polymorphines are celebrating the release of their new EP, Slip, on Saturday night at Mavericks (221 Rideau St.) with The Flaps, Devil Eyes and Thunder Uncle. Doors open at 9 p.m. Tickets are just $8 at the door.

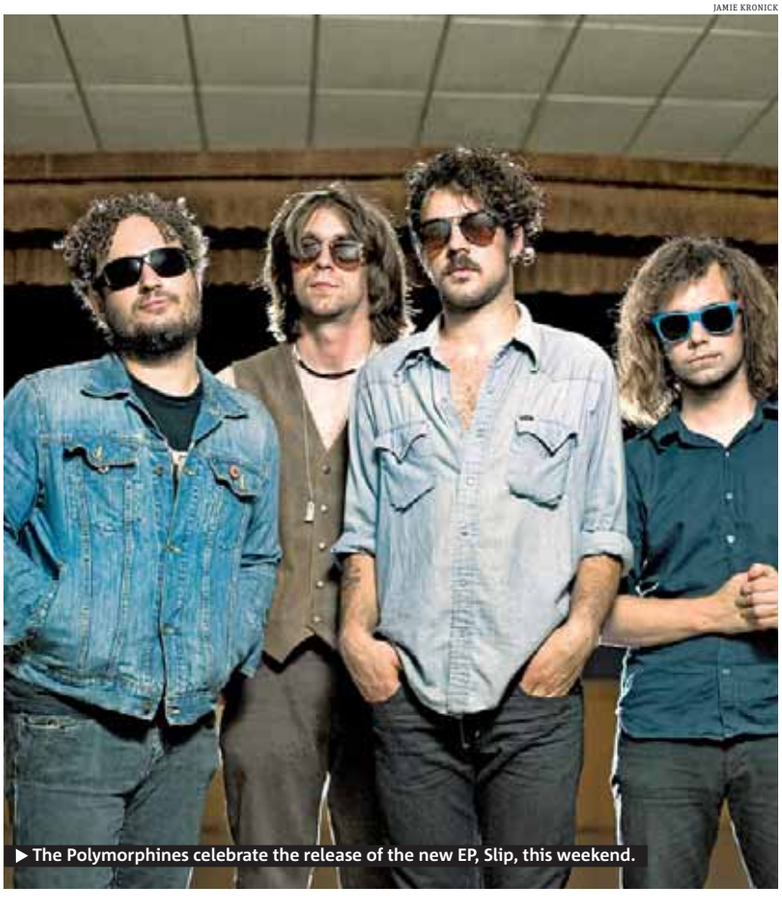
What else is up?

Glengarry Highland Games.

- **When:** Friday and Saturday.
- **Where:** 35 Fair Street, Maxville.
- **Price:** $20, general admission.

Don't miss this annual event, held every year since 1948 for a weekend of music, dance, fiddling, sport, pageantry and tradition. If you need more info, go to glengarryhighlandgames.com.

JAMIE KRONICK



▶ The Polymorphines celebrate the release of the new EP, Slip, this weekend.

2 scene

Reid leads way

Johnny Reid has a leading six Canadian Country Music Award nominations. The Scottish-born, Toronto-bred singer-songwriter is up for trophies including single of the year, songwriter of the year, album of the year and male artist of the year.

THE ASSOCIATED PRESS

UK Supreme Court gives victory to designer in battle over 'Star Wars' stormtrooper helmets

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The jury is not out on this issue

Celebrity judges seek spark from appearances on shows like Voice, Idol

MATT SAYLES/THE ASSOCIATED PRESS

▶ The Voice judge Blake Shelton.

Jean Holmgren doesn't like country music and had never heard of Blake Shelton.

Then came The Voice.

A few months later, she's the proud owner of Shelton's new album, one of more than 116,000 fans who made Red River Blue the tall Oklahoman's first No. 1 on the Billboard album charts this month.

"Once Blake was on my radar from The Voice, I heard his new single and I was really impressed," said Holmgren, a 27-year-old online marketing specialist from Kingston, Pa.

"I was never a country fan but he has such a good voice. The song Honey Bee is really cute and I guess it's kind of a crossover song, if you want to call it that. From there I watched some videos on his YouTube channel and followed him on Twitter. I love his sense of humour!"

While The Voice, American Idol and other talent shows are designed to make stars out of unknown talent, they've also had the effect of boosting the fortunes of some of the contest's singing celebrity judges.

This year Steven Tyler and Jennifer Lopez became judges on Idol, marking the first time the panel had singers still with viable careers (Paula Abdul's singing career had died years before the show).

The Voice relied solely on current hitmakers in its first season and found a winning combination with Shelton, Cee Lo Green, Christina Aguilera and Adam Levine of Maroon 5.

Shelton hit the publicity trifecta when The Voice became a sensation, taking an already solid country career that was on the rise to a nation looking for someone interesting.

He already had a career-defining year in the world of country music where Red River Blue was highly anticipated and had already spawned his fastest-rising single, Honey Bee.

He'd won a recent cache of awards, including the 2010 Country Music Association's male vocalist of the year and co-hosted The Academy of Country Music Awards. And marrying Miranda Lambert didn't hurt his star power either.

The missing ingredient? The chance to put it all together in front of a large audience on a weekly hit show. The Voice held steady at about 12 million viewers during its run and was the first new show at the four largest networks this year to grow its viewership from week one to week two.

Shelton has watched his fan base grow week by week at the same time, on Twitter and even on the streets.

"It actually blows me away," Shelton said. "It's definitely obvious. Just walking down the streets of New York City with Miranda, people are stopping me and wanting to say hi and take a picture or something, and it's always about that show.

"I've been going to New York City and Los Angeles for 10 years and you can count on one hand how many times someone has recognized me in New York City." THE ASSOCIATED PRESS

Jewel in on the action

▶ Other musicians have used stints as celebrity judges to boost their careers as well. Jewel, for instance, reimagined herself as a country artist and scored a No. 1 country album in 2008 with the help of Nashville Star. She also recently worked with former American Idol judge Kara DioGuardi on Bravo's Platinum Hit.

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Steven Tyler, left, and Jennifer Lopez, were successful as judges on American Idol this year.

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Like falling for the first time

- Barenaked Ladies singer Steven Page marries Munn
- Pair share their first couple dance to Dream of a Girl

Former Barenaked Ladies singer Steven Page has married longtime girlfriend Christine Munn.

Page confirmed the news via Twitter, responding to the congratulations of fans and well-wishers.

The 41-year-old Page also tweeted a picture of the couple sharing a dance, with the groom clad in a cream-coloured suit jacket and a bow-tie.

Another sepia-toned picture showed the couple performing onstage during the reception.

"Our first dance was Dream Of A Girl by the Lilac Time via video message," Page tweeted, referring to the English alt-rock group.

NATHAN DENETTE/THE CANADIAN PRESS

▶ Steven Page.

"I wept like a baby."

Page has three sons with ex-wife Carolyn Ricketts, whom he divorced in 2009.

The Toronto musician left the Barenaked Ladies in '09, and released his first solo album since the split — Page One — last fall.

Munn also tweeted about the ceremony.

"And I'm now Mrs. Page! So happy. I married my best friend. What a wonderful day," she tweeted on Sunday, along with a bundle of photographs.

The next day, however, she tempered her enthusiasm slightly.

"The thing that sucks about the day after the day after the wedding is all the dirty dishes and trash. And unpacking the house."

THE ASSOCIATED PRESS

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Could music biz have done more to help Winehouse?

Natalie Cole says troubled singer was pushed too hard to perform when she wasn't ready

Amy Winehouse's death Saturday at age 27 has rekindled questions about the role the music industry should play in helping stars kick self-destructive habits.

Could the entertainment community have done more to save one of its most gifted young artists? Natalie Cole thinks so.

A former heroin addict herself, Cole was critical of the industry after Winehouse won five Grammys in 2008.

Winehouse performed triumphantly during the Grammy telecast that year — but did so via satellite from London, in part because she was in rehab at the time.

Cole said Winehouse shouldn't have been trying to perform, given her condition. She said the industry has a responsibility to step in and push an artist out of the spotlight until they get their personal act together. "Somebody needed to care about that girl, and I don't know if she had that." METRO

ASSOCIATED PRESS/FILE

▶ Amy Winehouse during her final concert, in Belgrade, Serbia, when she stumbled onstage and forgot the words of songs.

Celebrity Tweets

@aimeemann

"Watching SNL rerun...honestly, if there's a bigger quintuple threat out there than Justin Timberlake, I've yet to see it."

@joelmchale

"An older gentleman (mid 60's) ended the conversation we were having with the phrase, 'Lates'. Made me feel insane."

"Happy National Tequila Day!"

@peeweeherman

@lindsaylohan

"Love how going to a friends birthday turns into a slew of lies! grrr — oh well... happy sunday all"

Mulligan engaged

GETTY IMAGES

▶ Carey Mulligan

Carey Mulligan and her Mumford and Sons boyfriend, Marcus Mumford, are reportedly engaged, according to the Sun.

"Carey looked like the cat who had got the cream. She was wearing a beautiful ring and didn't seem to mind who saw it," says a source who spotted the two at a party at a country estate in southwest England.

"They were stuck to each other like glue. She was doing most of the talking and he was hanging on her every word." METRO

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Demi now OK as a role model

GETTY IMAGES

▶ Demi Lovato

Despite the rough two years Demi Lovato has had — including a stint in rehab and announcing she'd suffered from addiction and eating disorders — the Disney star says she's much more comfortable with fans looking up to her now. "Kids used to tell me, 'You're my role model.' And I'd want to shake them and be like, 'Why?'" Lovato says, according to Hollyscoop. "I finally feel like I can inspire people. I can be proud of it." METRO

Alex Skarsgard is single again

GETTY IMAGES

▶ Alexander Skarsgard

After two years together, True Blood star Alexander Skarsgard has reportedly split from girlfriend Kate Bosworth, according to Us Weekly. "It was very mutual," a source says. "And it happened a while ago." Skarsgard definitely seemed single while hitting the party circuit at San Diego Comic-Con last weekend, where sources say he got flirty with a brunette before leaving with her. "He's single, and he is loving the attention," the source says. METRO

Harris: Hef's not what he used to be

GETTY IMAGES

▶ Hugh Hefner

After calling off her engagement to Hugh Hefner less than a week before their wedding, Crystal Harris is now spilling secrets about the couple's time in the bedroom.

"[It lasted] like, two seconds," Harris tells Howard Stern in an interview on his satellite radio show. "Then I was just over it. I was like, 'Ahh.' I was over it. I just, like, walked away. I'm not turned on by Hef. Sorry." METRO

Winehouse family plans memorial fund

Amy Winehouse's family are hoping for something positive to come out of their daughter's death and have announced plans to start the Amy Winehouse Foundation, according to the Daily Mail.

Her dad, Mitch Winehouse, says news of her death brought him the idea almost immediately.

"Straight away I said I wanted an Amy Winehouse Foundation, something to help the things she loved — children, horses — but also to help those struggling with substance abuse," Mitch said at her funeral Tuesday. METRO

Is that Carmindy in your pocket?

JANINE FALCON
LIFE@METRONEWS.CA

Women hoping to copy Kate Middleton's wedding day DIY makeup will save plenty of Internet-trawling time by buying one thing for just $4.99: The Carmindy App for iPhone and iPad (an android version is in the works).

By way of serendipity, the app's wedding-makeup tutorial mirrors the look the Duchess wore. Bonus: The Carmindy App recommends the right shade for your complexion.

"One of the things I get asked all the time is 'What colours do I wear for my skin tone and my hair colour?" says the makeup artist best known for her weekly appearances on TLC's What Not to Wear.

GETTY IMAGES

No surprise: that's the heart of the app.

Users can customize an avatar with hair, eye and skin colour, then peruse a number of how-tos, including video clips and face charts. Looks range from the five-minute face to girls-night-out drama, and show details from winged liner to a quick smokey eye.

Product recommendations include drugstore and department-store options, and can be added to a built-in shopping list. And in keeping with a key aspect of Carmindy's three books, Sally Hansen Natural Beauty Inspired by Carmindy isn't the only featured cosmetic brand.

"I talk about NARS, M.A.C, Rimmel, NYC, Milani — there isn't just one brand that everyone uses," notes Carmindy in an interview with Metro. "We do that 'splurge/save' thing — save on certain things, then splurge on the lipstick of the moment."

"It's all a way for me to help women walk into drugstores and department stores and choose products."
CARMINDY

She also says the app will be updated with new recommendations as occasional products are discontinued.

In addition, there's a dash of self-help via a short video explaining how to do the mirror-mantras the artist developed during her own self-esteem challenged youth.

The Carmindy app took two years to develop because the technology has developed along with it, as well as the artistry involved. "For example, just getting the shading right on the avatars took a while; the techs had to figure it out because there wasn't an easy way to do it," explains Carmindy.

Updates become available as soon as a new feature is added, and new looks are planned for each season. Coming soon: techniques based on eye and face shape. As well, Carmindy fans can learn more by watching the artist apply app-related looks on her own face on YouTube.

"It's all a way for me to help women walk into drugstores and department stores and choose products," says Carmindy.

3 life

Fab frames

Updating your look with new glasses? Be sure to select the best style for your face:

° The frame shape should contrast with your face shape. Long faces, for example, look good in round or square frames. NEWS CANADA

For more beauty and fashion tips scan or visit metronews.ca/style

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Step 2. Remove existing nail polish. Trim and file nails, and push back cuticles.
Step 3. Scrub your hands with the Gentle Peeling Smooth Away Cream, then rinse and dry them.
Step 4. Give yourself a hand massage with the Hand and Nail Treatment Cream—and don't forget the cuticles. Remove excess cream, as even traces of cream or oil will destroy the staying power of your polish.
Step 5. Apply the Smoothing Base Coat and wait two minutes. Stroke on your chosen polish.
Step 6. Wait 10 to 15 minutes before applying your top coat, sit back and relax until manicure is set.

GEE BEAUTY'S COCO TANNING TREATMENT

Where to find it: Gee Beauty in Toronto, geebeauty.com

Step 1. Scrub your entire body with a granular exfoliant. "Make sure it doesn't have any essential oils," says Natalie Gee of Gee Beauty, "as the oils may cause the tan to streak."
Step 2. Use a favourite moisturizer to hydrate extra-dry patches on elbows, knees, hands and feet. Don't skip this step, as dehydrated areas will soak up extra self-tanner and leave you with dark, too-tanned patches.
Step 3. Put on non-latex gloves to protect your palms from staining, then apply tanning cream all over your body as you would a body moisturizer, making sure to leave no part uncovered.
Step 4. Grab a towel-like mitt—at Gee Beauty they use the St. Tropez Buffing Mitt—and buff, buff, buff. Take some time here as this polishes the skin and eliminates streaking, says Gee.

LEELA'S SUMATRA COCONUT POLISH

Where to find it: Leela Eco Spa & Studio in Calgary, leelaecospa.com

Step 1. In a bowl, mix together shredded coconut and your favourite body moisturizer. And don't make it too thick. "The coconut acts as an exfoliator," says Jennie French, head esthetician at Leela, "leaving the body silky smooth. It also releases some of the coconut's natural oils, which are very nourishing."
Step 2. Fill the sink with hot water and add a soothing essential oil, such as lavender, and then wipe your body down with the warm scented liquid.
Step 3. Jump in the shower with your coconut concoction. Cover your whole body with the scrub and start massaging, working from the legs up. Rinse and dry off.
Step 4. Moisturize with the base you used for the scrub—no coconut here.

TEXT BY DEBORAH FULSANG
PHOTOS BY GEOFFREY ROSS

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Easy, breezy, cool design

Don't let your home turn into a sauna or an icebox **Practical ways to stay stylishly cool during summer**

DESIGN CENTRE

KARL LOHNES
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I always thought that decorating seasonally was a bit of a foolish idea.

But not after this horribly hot summer I've experienced in southwestern Ontario. No longer can we rely on the weather patterns that we had as kids.

Remember when it was always super-hot in July and dead cold in January (with somewhat easy temperatures in between)?

I've given up depending on the weatherman and now am decorating for all four seasons. We must be ready for temperature changes at any given time. Here's a few decor ideas what will do you good at a moment's notice, no matter where you live.

Get good blinds

Choose a pale colour cellular window dressing to reflect heat away from the house in the summer months and help to keep the cool air inside.

During the cooler weather they will act as insulation to help keep the heat in.

During the two extreme seasons you'll also save money on heat loss.

Use a thermostat programmer

Program your thermostat to turn on the air conditioning only during times when you will be home.

Keep in mind that for each degree you turn the thermostat up in the summer and down in the winter you will save $100 annually on your heating/cooling bill.

Control your sweat

Washing and drying clothes, showering and cooking all increase humidity inside your home.

If these cannot be avoided, turn on a ventilating fan or dehumidifier to help extract warm, moist air and run the dishwasher and dryer during the nighttime, which is usually the coolest time.

Service your AC unit

Be sure to tune up your air conditioning unit and clean your ducts every spring to ensure they are working efficiently.

You know if you don't, chances are your unit will stop working on the hottest or coldest day just to get you back.

Breathe easy

Clean your furnace/air filter once a month. Blowing cold air is no different that blowing hot air and the filter can get just as dirty.

ISTOCK IMAGES

▶ Lift wool rugs to expose cooler hardwood and tiled floors. Cool feet will give you a cool head.

CONTRIBUTED

▶ A cellular-style shade helps filter light, and keeps hot and cold air from transferring to the window.

CONTRIBUTED

▶ Pale-coloured slipcovers lighten the look of heavy furniture and cool down warm upholstery fabrics.

Decorating choices for the multi climates

Close the curtains or shades on any south- or west-facing windows and you'll save two to four per cent on cooling costs.

If available, turn on ceiling and table fans.

A fan will allow you to raise the thermostat setting about four degrees and still feel cool.

Make sure ceiling fans are turning in a counter-clockwise direction (you should feel a cool breeze standing directly under the fan).

Only use the fan while you're in the room because these cool people, not places.

Cook with the microwave oven instead of the regular oven or grill outdoors.

Better yet, eat out or go to your mama's.

Installing compact fluorescent lights in high-use fixtures saves about 66 per cent on lighting costs — these also lower the heat the bulbs put out.

Decorate wisely

Choose heavy, lined drapes on the south and west windows to block out light and heat during the warm weather months.

- These will also be your friends during the winter by keeping drafts from pouring in through windows and patio doors.
- Put slipcovers on heavy, fuzzy and textured furniture.
- Choose slipcovers made from smoother, cotton fabric during the hot months.
- If all else fails, keep a bottle of peppermint cream in the fridge. It's excellent for cooling the feet and hands. When you are cool the world is a better place.

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Creating a hole-in-one

Bring Scotland's rolling hills to your backyard Soon you'll be charging the neighbours green fees with your own putting range

DIY IDEAS

Adding a putting green to your backyard is a great way to provide recreation for your family and friends — and improve your own golf game.

Creating this putting green is just one of many projects landscape contractor Ahmed Hassan has completed in Yard Crashers. In each episode, he goes home with an unsuspecting home improvement store shopper to transform their backyard.

Prepare the area

Look for an area that you want to put the putting green.

It's a good idea to look for somewhere with a natural hill sloping to a flat area, or a space where you can avoid simple straight lines.

Build a wall

To prevent soil from eroding, you need to build a wall around your desired area.

It is recommended that you use moss rock (also known as field stone), because its rough texture ensures it stays in place once positioned.

Wearing gloves, dig down and place the rocks together like a jigsaw puzzle. Finish the wall by packing dirt into the stones to ensure the rocks are firmly in place.

ISTOCK

▶ Put on your plaid pants and hit your mini putting green.

Integrate the green

Use plants of various colours, textures and heights along with rocks of various sizes around the perimeter of your putting green in order to keep it looking natural with the surroundings in your backyard.

Lay the base

In order to avoid mowing, fertilizing or irrigating your green, use a synthetic turf, which is available in specialty golf stores.

Use a utility knife to cut your desired shape, and create the holes.

Special cups will be inserted into the ground corresponding with the holes so you can retrieve your golf ball.

To keep the turf from matting, spread a fine sand over the surface and sweep with a stiff broom, repeating until only one-inch of turf is left above the surface.

This will also ensure that balls travel straight.

The next step is to take a swing and try out your very own putting green!

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‘Fernishing’ your garden

All you need is spores, patience and some sunshine

LEE REICH/THE ASSOCIATED PRESS

▶ Hay-scented Fern (Dennstaedtia punctilobula) in NewPaltz, N.Y.

Don’t put away your seed flats and potting soil just yet. It’s time to go on a spore hunt. Spores are a most useful catch if you want to plant ferns in quantity.

Keep your eyes out for pretty ferns, and when you find some to your liking, start checking the undersides of their leaves.

Sometime between now and early fall, those undersides will be punctuated with brown spots containing spores.

When you find fern leaves with plump, firm spore cases on them, you’re in business. Cut off the leaf or part of it and lay it with the spore cases facing down between a fold of paper.

Kept in a dry, airy room, the spore cases will release their spores — not all over the place this time, but right onto the paper.

Tap these spores into an envelope and they’re ready to sow, or can be stored for later sowing.

How to plant spores

Start with a seed flat and some potting soil. Clean seed flats and rinse them with 10 per cent bleach solution. Fill the flat with potting soil and firm it in place.

Sterilize the soil by laying absorbent paper, and pour on some boiling water. Remove the paper and cover the flat with a clean pane of glass. Once the soil cools, sow the spores.

Just dust them over the surface of the soil and replace the glass immediately. Set the flat on a north windowsill, or somewhere else with indirect light and even temperatures.

Tiny ferns will eventually begin to grow.

THE ASSOCIATED PRESS

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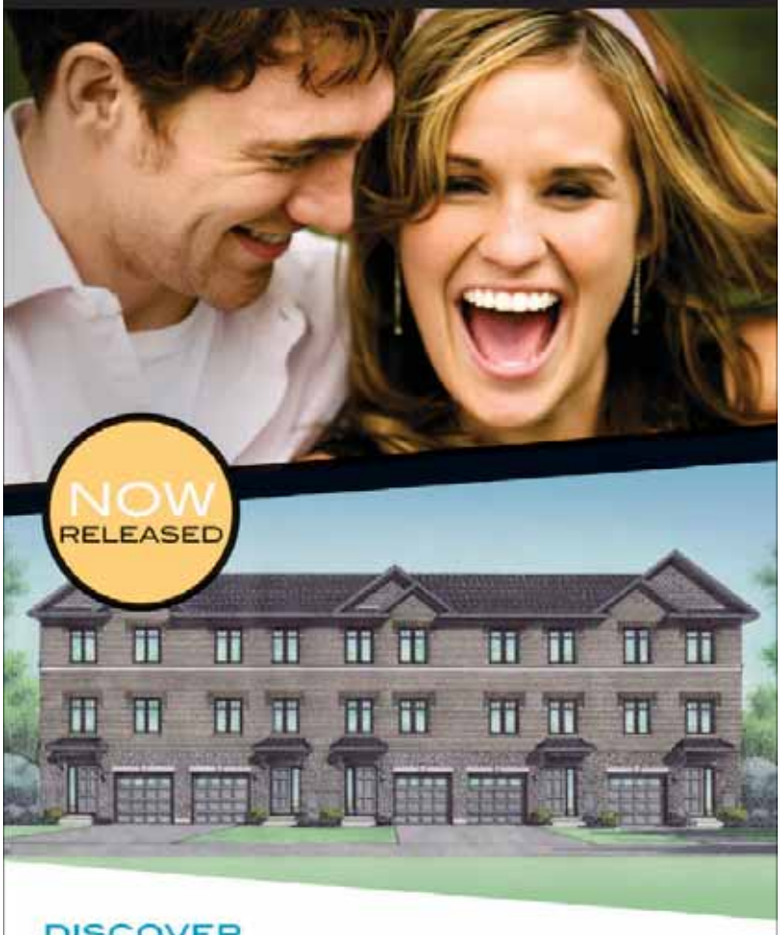

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SHOW SOAP SCUM THE DOOR WITH A WATER AND VINEGAR MIX

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ISTOCK

▶ Soap scum is an uninvited house guest.

Question:

Dear Charles The Butler,
What is the most effective way of removing stubborn soap scum and film from a glass shower door?
I have tried commercial cleaning products with no success.
Thank you.
S. E.

Dear S.E.
Thank you for your question. I can only imagine how unpleasant it must be to have a dirty glass shower door on a regular basis.

1. The shower door should be cleaned as often as possible. Mineral content in water varies depending on where you live.

This, along with soap residue, leads to what is commonly referred to as "soap scum," which continues to build up over time if not cleaned regularly.

2. To remove soap scum, try using a light acidic solution of half warm water and half white distilled vinegar.

Spray the solution on the glass surface and allow it to rest for one minute.

Then wipe clean with a sponge, while remembering to rinse thoroughly.

Only use this on tiled walls, glass and never use vinegar on marble.

HAVE A QUESTION? EMAIL CHARLESTHEBUTLER@METRONEWS.CA

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A family's search for the perfect cottage.

The search for a family cottage isn't as easy as one might think. It's location, amenities, activities for the kids and more importantly fitting the purchase into the family budget. Everyone has a favourite memory of spending summers at the cottage and if you don't you must have heard a story or two.

The cottage experience is as Canadian as peameal bacon or real maple syrup and should be experienced by everyone at least once in their life. Sitting by a campfire roasting hot dogs, making "spider dogs" or toasting marshmallows, making "smores" is a rite of passage for any young camper.

As we looked into cottages we found it was quite simple to find something to rent but what about ownership? The thought of being able to escape after a long week at work would be great. Along with my kids having a safe and memorable place to spend their summers would be more than perfect.

After a lot of research what we found is, that cottages can be very expensive to say the least. Gone were the days when I grew up, where a $20,000 investment got you a family cottage on the lake. The cottages we liked seemed to cost as much as our home if not more, with some over four hundred thousand dollars. The more we thought about cottage ownership the more we realized it would mean two houses to maintain financially and physically. After all the whole idea was to get away from cutting grass and fixing things so I could spend more time with my children and simply relaxing.

"Fractional Ownership" cottages were affordable but they have maintenance fees and we couldn't justify spending over one hundred thousand dollars for something the family could only use for only 4 or 5 weeks a year.

So what was the answer? McCreary's Beach Resort on Mississippi Lake was the perfect spot for my family. Less than 30 minutes from Ottawa, McCreary's Beach Resort was one of the best lakefront properties we had come across.

It sounded all too good to be true, full ownership, maintenance free and activities for the kids...so what's was the catch? We soon found out there wasn't one.

After a resort tour, we knew McCreary's Beach Resort was the perfect alternative for our family. We got a beautiful location on the water, a short drive from our home and a budget-friendly family "cottage" that we own. Ventura Resorts call them "Resort Cottages", the affordable way to own a family summer getaway. Neither a typical trailer nor conventional cottage, these 3 season homes are beautifully furnished and professionally decorated with "at home" amenities including full-sized kitchens, 4 piece baths and large decks, and you can get it all from $61,900 to $109,900. The Resort Cottages are available in one, two and three bedroom floor plans that can sleep up to eight people comfortably.

As owners we can take advantage of the activities and amenities the resort has to offer, from BBQ's, kids activities, the best fishing ever, boat rentals, outdoor pool and more! PLUS we can earn up to $10,000 renting our home out when we're not using it with Ventura Resorts Rental Program!

If you are in the market for the cottage alternative contact our friends at McCreary's Beach Resort at **1-877-814-4141 or just visit their website at www.mccrearysbeach.com**

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Located just 30 minutes from Ottawa, this family resort offers one, two and three bedroom thoughtfully designed, three-season Resort Cottages. Complete with open living spaces, full-sized kitchens and baths, professionally decorated and furnished interiors, these Resort Cottages offer all the "at home comforts". The living area extends to the "great outdoors" with large finished decks creating a beautiful relaxing atmosphere, perfect for family gatherings or entertaining friends.

The resort features beach, pool, hot tubs, sauna, tennis & squash courts, fitness centre, canoe & boat rentals plus arcade and fun zone for the kids, McCreary's Beach Resort offers something for everyone!

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Call 1-877-814-4141 or visit www.mccrearysbeach.com

SPECIAL INFORMATION FEATURE

Orange you glad for micro-breweries

Brewers try to find niche with unusual, distinct brands Great Lakes Brewery introduces Orange Peel Ale

JEFF O'REILLY/FOR METRO

▶ Chelsea gets ready to enjoy an Orange Peel Ale.

JEFF O'REILLY
FOR METRO

The thing I love about craft breweries is they continue to take chances and push the envelope to create new and diverse flavours that expand the taste profile and our perception of what a beer can be. With so many similarly styled popular options dominating the Canadian beer market, the craft beer guys try to find their niche by creating distinct and unusual brands, and this sees brewers take their creative energies to new limits.

By not having to produce mass quantities, they don't have to hit a home run every single time, but when they do find the right formula the results are often outstanding and very rewarding.

The Great Lakes Brewery is Toronto's oldest craft brewery and has created a wonderful portfolio of interesting brews since 1987 by doing it the old-fashioned way — using only the finest natural ingredients and brewing small batches using copper kettle over an open fire to ensure that quality remains in the forefront.

With some wonderful "outside the box" thinking and eye-catching packing, Great Lakes Brewery's lineup is truly unique and sets it apart as innovators.

I invite you to try its spring/summer seasonal offering — and winner of the 2011 Ontario Brewing Awards gold medal for best fruit beer — Orange Peel Ale. Its recipe has fresh oranges — peels and all — added to the boil, but don't be fooled into thinking this will taste sweet and syrupy since five specialty malts and five different hop varieties create a wonderfully balanced beer.

The beer pours out of a beautifully hand-painted bottle and has a light orange hued golden tint with fluffy egg-shell white head. Bready malts, citrus hops and honey aromas can all be experienced within the soothing orange aromas.

The initial zip of fresh zesty orange peel sharpness is softened by honey smoothness, slight hoppy bittering and subtle malts in the background ending with a nice dry orangey finish.

This could be a refreshing addition to your next BBQ since it would pair beautifully with chicken, seafood and lighter fare.

Great Lakes Brewery Orange Peel Ale (5.3 per cent alcohol by volume) is available at the LCBO.

Niagara cheese is worth its weight in gold

CURD ON THE STREET

This week's summer fun cheese pick is Niagara Gold, a semi-firm, washed-rind cow's milk cheese from Upper Canada Cheese Company in Jordan Station, Niagara — producers who are dedicated to making high-quality, handcrafted artisan cheeses.

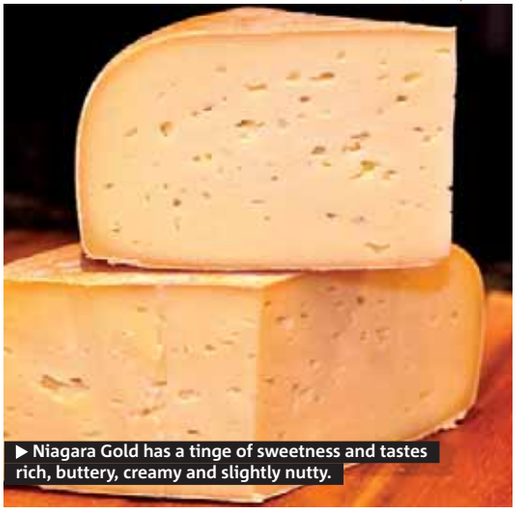
You will notice the beautiful, golden yellow slightly open paste (inside of the cheese showing small holes) and darker apricot/peach coloured rind. Niagara Gold is so distinct it's reminiscent of a solid bar of 24 karat gold.

This beauty has a tinge of sweetness and tastes rich, buttery, creamy and slightly nutty due to the Guernsey cow's milk used to make it. Guernsey cows yield richer milk, which is higher in butterfat and protein than other breeds.

Niagara Gold can be enjoyed from coast to coast and has been requested from as far away as Shanghai. It's claim to fame? Prince Charles enjoyed Niagara Gold on his visit last year. **VANESSA SIMMONS**

FOR MORE, SEE SAVVYCOMPANY.CA

VANESSA SIMMONS/FOR METRO



▶ Niagara Gold has a tinge of sweetness and tastes rich, buttery, creamy and slightly nutty.

Pick from freshest of produce

Every Saturday tucked in the Adult High school parking lot a small farmers' market sprouts up, offering the most seasonal produce from local sources.

The vendors offer a variety of items, from free-range eggs to coffee beans to just about the most delicious cucumbers and corn you have ever tasted.

Live music entertainment and cooking demonstrations are also held.

The market is located at Gladstone Avenue and Preston Street from 9 a.m. to 2 p.m.

For more, see prestonstreet.com

SAMANTHA EVERTS

RON ALBERTSON/TORSTAR NEWS SERVICE

RYAN POWELL PHOTO

Chocolate Martini

Ingredients:

- 1½ oz (44 ml) Carolans Irish Cream
- ½ oz (15 ml) Crème de Cacao White
- 1 pasteurized egg white

Preparation:

1 Shake with ice vigorously to achieve proper foam and strain into a martini glass. Garnish with a sprinkle of cacao powder.

RYAN POWELL, CORBY DISTILLERIES EDUCATION MANAGER

Wild Blueberry Peppercorn Chutney

Ingredients:

- 1 cup brown sugar
- 1 tbsp balsamic vinegar
- 2 tbsp red wine vinegar
- 2 tbsp white wine vinegar
- 2 cups fresh or frozen wild blueberries
- 2 tbsp green peppercorns
- ½ cup white onion
- 1 tsp fresh ginger, grated
- 1½ tsp lemon zest, chopped
- 1 tbsp lemon juice

CONTRIBUTED

Preparation:

1 Place the sugar, balsamic vinegar, red wine vinegar and white wine vinegar in a large saucepan.

2 Heat over medium-low heat, stirring until sugar dissolves. Add blueberries, green peppercorns, white onion, ginger, lemon zest and lemon juice.

3 Reduce heat to low and simmer gently for 45 minutes. Stir occasionally to prevent scorching.

4 Cool completely before storing in the refrigerator for up to 2 weeks or the freezer for up to 3 months. Makes one cup.

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Celebration of our nation

This Saturday partake in Food Day Canada, which puts the spotlight on Canadian-sourced foods, by visiting a participating restaurant or inviting friends and family over for some eats

A celebration of the culinary bounty of this country is taking place coast to coast to coast Saturday.

The beauty of the event is that people can participate wherever they are — as long as a menu of all Canadian-sourced food is offered, says Anita Stewart, who founded Food Day Canada in 2003.

Since that time the culinary adventurer has also added nearly 300 restaurants to the roster of those who are taking part.

THE CANADIAN PRESS H/O

▶ This recipe makes three to four servings.

Ingredients:

- 1.5 kg (3 lb) beef grilling back ribs (about 7 ribs long)
- Salt and pepper, to taste
- 2 cloves garlic, minced
- 1 onion, diced
- Canola oil, as needed
- 1 can (398 ml/14 oz) tomato sauce
- 75 ml (1/3 cup) each maple syrup, cider vinegar
- 50 ml (1/4 cup) tomato paste
- 30 ml (2 tbsp) each minced canned chipotle peppers and Worcestershire sauce

Preparation:

1. Season the rack of ribs with salt and pepper. Roast them on foil-lined baking sheet in a 120 C (250 F) oven for 2 hours until crispy and browned. Let cool. Cut into individual ribs.
2. In saucepan, sauté garlic and onion in a bit of vegetable oil until softened. Stir in tomato sauce, maple syrup, vinegar, tomato paste, peppers and Worcestershire sauce; bring to simmer. Remove from heat. Reserve about 1 cup of sauce for dipping.
3. Grill or broil ribs over medium heat 10 mins, brushing generously with barbecue sauce and turning occasionally. Serve.

THE CANADIAN PRESS/ CANADA BEEF INC.

Weekly Cookbook

Easy Grilling: Simple Recipes for Outdoor Grills (Ryland, Peters & Small, 2011) offers more than 100 easy-to-follow recipes that cover everything from burgers and chicken wings to impressive options such as Duck Satay with Grilled Pineapple and Plum Sauce, and Chicken Tandoori Kabobs.

You can also create your own flavour combinations using the Sauces, Marinades and Dips section. Other sections include Meat and Poultry, Fish and Seafood, Vegetables, and Salads and Sides.

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THURSDAY, JULY 28, 2011

SUMMER FUN

TORSTAR NEWS SERVICE FILE

Pick up and Pack a summer picnic

- Food consultant and cookbook author Trish Magwood says to keep your planning simple
- Think refreshing finger foods, like chunks of watermelon, when planning snacks
- Outings are about bringing the child out in everyone with fun activities

YLVA VAN BUUREN
FOR METRO

Summer picnics are a wonderful way to while away an afternoon. And when you're planning a picnic, it's important to keep it simple, says food consultant and cookbook author Trish Magwood.

"We all want a little bit of a break so we don't want to slave in the kitchen. We want to do things that are quick and easy for us with low stress."

Here are tips:

- Put simple-to-eat items on the menu that you can prepare ahead. For example, gourmet sandwiches and a salad that travels well. Drinks, snacks and that's all you need.
- Have appropriate containers for food. "A good soft cooler is key," says Magwood, "so you're not having to lug around a big heavy cooler."
- Think refreshing finger food when you plan snacks. For example, cut up cucumber and celery and bring a store-bought or homemade dip. And everyone loves cut-up watermelon.

BRANDON BARRÉ PHOTO

▶ Trish Magwood

- Keep any perishable foods cold or below 4 C, recommends the Canadian Food Inspection Agency. If possible, refrigerate or freeze food the day before you pack it.
- Pack lemonade crystals and mix them with water in a thermos when you get to where you're going.
- Instead of carrying pop-up chairs, just bring a few blankets. "I use one for sitting on," says Magwood, "and the other for a ground buffet."

MOVE

A picnic is all about food ... and activities the whole group can enjoy, says Murray Seward, president of Vancouver-based Canadian Outback Adventures and Events, which organizes summer picnics for companies. It's all about bringing the kid out in everyone, says Seward. Be sure to plan a game of baseball, catch, or old-style sack races. Or consider something different such as Jenga, chess with an inflatable chess board, or create your own obstacle course with stations equipped with water pistols and other fun toys.

Picnic Chicken Salad

Magwood says this salad was always a summer lunch entertaining favourite — make-ahead, delicious and all-in-one easy to serve. Serves 8.

Ingredients:

- 1 large round loaf of bread (such as a boule or Calabrese loaf)
- ½ cup (75 mL) mayonnaise
- ½ tsp (2 mL) curry powder
- ¼ tsp (1 mL) paprika
- 3 cups (750 mL) cubed cooked chicken (about 3 breasts)
- 1 cup (250 mL) green grapes, halved
- ½ cup (125 mL) chopped celery
- ½ cup (125 mL) sliced almonds, toasted
- ¼ cup (60 mL) thinly sliced green onions
- 1 sweet red pepper, diced
- Salt and black pepper
- Romaine lettuce

BRANDON BARRÉ PHOTO

Preparation:

1 Slice off the top 2 inches (5 cm) of the loaf in one big piece and set aside. Hollow out the bread, leaving a shell ½-inch (1 cm) thick.

2 In a medium bowl, stir together mayonnaise, curry powder and paprika. Stir in chicken, grapes, celery, almonds, green onion, red pepper, and salt and black pepper to taste.

3 Line the bread bowl with lettuce leaves. Spoon chicken mixture into the bread. Replace the bread top. Wrap tightly in plastic wrap and refrigerate until picnic time. (You can make the chicken salad the day before, and you can fill the bread half a day in advance.)

4 To serve, using a bread knife, slice the boule into wedges into ready-made sandwiches.

Excerpt from: In My Mother's Kitchen by Trish Magwood. Published in Canada by HarperCollins Publishers Ltd. Copyright 2011 by Trish Magwood. All rights reserved.

Create your own luxurious patio retreat

Idea is to create a place you can feel like you are getting away

Now is good time for deals on outdoor furniture

YLVA VAN BUUREN
FOR METRO

PHOTOS CONTRIBUTED

▶ The Overnight Bed from Andrew Richard Designs, $4,795. For more, go to andrewrichardesigns.com.

▶ The tranquility Day Bed from Andrew Richard Designs, $4,795.

▶ The Silhouette Lounge Chair from Andrew Richard Designs, $3,995.

When Elvia Picco and Rob McAllister of Kelowna, B.C., downsized a year ago to a condo unit with a small patio, they kept their outdoor furnishings simple. The couple "now have a simple wooden drop-leaf table and four wooden folding chairs, as well as two comfy gravity chair loungers."

It's all about making life easy, functional — and comfortable.

If you're in the market for outdoor furniture, now is a great time to check out the sales and possibly get a good deal on a patio set or add a piece or two to what you have.

While there is lots of cheap, cheerful — and indestructible — furnishings (think bright pink plastic Adirondack chairs and folding tables), Metro columnist and design expert Karl Lohnes says there's a trend to create a luxurious retreat on the patio with furniture and furnishings.

Higher end furniture looks like it belongs in a luxurious spa or hotel, says Lohnes — big, round outdoor beds with pull-up canopy; and spa loungers with terry towel covered cushions.

While there's a return of real wood, including exotic woods from Thailand and Asia, and teak, the new outdoor colour palette revolves around neutrals and soft metal tones like gunmetal grey.

The whole idea is to create a getaway place ... and even if you're in a downtown core, it will feel like you're somewhere faraway and exotic like the south of France, says Lohnes.

BUYING TIPS

Outdoor Patio Furniture Info, a helpful online blog, provides these tips when buying furniture.

- Consider how much space you have for your outdoor patio set — and choose the right size.
- Accessorize with weather-proof cushions, umbrella, outdoor fire pit and outdoor carpet.
- Keep climate and storage requirements in mind.

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Last-minute has its advantages

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▶ Camping with children is an affordable last-minute vacation option.

Now that daylight hours are shorter and August is almost upon us, even the happiest of homebodies may find the backyard is getting boring and a staycation just won't satisfy.

Luckily, last-minute planning is easier than ever — and even has some advantages.

You will be able to access tours, travel and accommodations at discounted rates, you may know what the weather is likely to be, and how easily you can step away from your current workload.

The "mini" part is also good — you will have less to pack, you won't need to ask someone to water the plants and collect the mail, and you're more likely to leave your cellphone and laptop behind for a work-free time out.

Start planning

Determine a budget and decide if you want a relaxing retreat for one, a romantic trip for two, or a family holiday — including the dog — to relax and reconnect.

Do you want to chill out with a book at the beach? Explore a city? Cottage or camp with the children?

Or is everyone eager for a new challenge?

Surf online

- Adventure tours: backroads.com/ (search "Canada") or trafalgar.com
- Air travel: aircanadavacations.com, westjet.com (for both, select "Deals") or flyporter.com
- Car travel: caamagazine.ca/ (select "Travel")
- Cottage rentals: cottagesincanada.com or rentcottage-canada.com/
- Music festivals: exclaim.ca/festivals/
- National parks and heritage sites: pc.gc.ca/
- Trails: canadatrails.ca/ or check out the Trans Canada Trail at tctrail.ca/home.php
- Train travel: viarail.ca/en/deals/ (select "Packages" and find categories such as adventure, city tours, gay friendly, golf, and more)
- Travel agents: yellowpages.ca/business/01356100.html

Trends and tips

Shelly Monroe, owner of Sweet Escapes Travel in Halifax, shares some trends and tips:

- More people are taking three- or four-day breaks instead of traditional two-week vacations.
- Romantic spa getaways for couples are now offered by many inns and hotels.
- Family packages for adventure travel, such as rock climbing and rafting, are increasingly popular.
- Check out free festivals, then build fun family breaks around them.
- Ask about hotel discounts for CAA members, seniors, and employees of government, fire and police services. Check if kids stay free, if there is a complimentary breakfast or airport shuttle service, and if a third night is free after a two-night stay.
- Be flexible, your first choice may be sold out, but you can discover something new.

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3. Eating ice cream
4. Travel abroad
5. Heading to the cottage/cabin/campsite
6. Barbecue everything in sight
7. Hitting the beach
8. Drinks on a patio
9. Catch a summer blockbuster
10. Relaxing picnics

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4 sports

Blockbuster day for Jays

Toronto GM had been trying pry Rasmus from Cards since last season

The first order of business for Toronto general manager Alex Anthopoulos when newly acquired outfielder Colby Rasmus joins the Blue Jays is to have his "elephant in the room" conversation.

Rasmus, the centrepiece in a pair of blockbuster deals Anthopoulos made with the Chicago White Sox and St. Louis yesterday, comes to Toronto with rumblings of a feud with the Cardinals coaching staff that sped up his departure.

Anthopoulos has long had his eye on Rasmus, a 24-year-old former first-round pick who was batting .246 this season with 14 doubles, six triples, 11 home runs and 40 RBIs. He says he's isn't fazed by the reports of Rasmus butting heads with St. Louis manager Tony La Russa.

"I always like to have the 'elephant in the room conversation,'" the Toronto GM said in a press conference prior to the Jays (51-52) home game against Baltimore (41-58). "I had it with Brett (Lawrie), I had it with Yunel (Escobar), and I plan on having it with Colby.

"Let's talk about the past once. And once we have that conversation it's over, we don't talk about it again. We're going to start fresh."

The eight-player deal also brought utility player Mark Teahen and three relievers to Toronto. The Jays sent outfielder Corey Patterson, right-handed starter Edwin Jackson and relievers Marc Rzepczynski and Octavio Dotel to St. Louis. The Cardinals will also receive three players to be named later or cash considerations.

In exchange, Toronto added Rasmus and relievers Brian Tallet, Trever Miller and P.J. Walters.

Jackson had been acquired earlier in the day as part of a four-player deal with the White Sox. He and Teahan came from Chicago for long-serving Toronto reliever Jason Frasor and pitching prospect Zach Stewart.

THE CANADIAN PRESS

DILIP VISHWANAT/GETTY IMAGES

▶ Toronto's new centre-fielder Colby Rasmus slides into home during a game with St. Louis earlier this month.

Quoted

"Relationships broke down, and now he's not here, but you can't really focus on that. You've got to continue to move forward."

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Frasor's farewell

The Jays' bullpen has been shaken up dramatically, especially the departure of Jason Frasor to the White Sox.

- The 33-year-old right-hander leaves as the franchise leader in games pitched.
- "Of all the places I could have gone, I can't believe it's Chicago," said Frasor, a native of the Chicago area. "It's going to be all right I think. I'm really excited about meaningful August-September baseball."
- Frasor had an earned-run average of 2.98 in 44 games this season.

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EAST DIVISION

	W	L	Pct	GB
Boston	63	38	.624	—
New York	61	41	.598	2½
Tampa Bay	53	49	.520	10½
Toronto	52	52	.500	12½
Baltimore	41	59	.410	21½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	55	49	.529	—
Cleveland	52	50	.510	2
Chicago	51	52	.495	3½
Minnesota	48	55	.466	6½
Kansas City	43	60	.417	11½

WEST DIVISION

	W	L	Pct	GB
Texas	59	45	.567	—
Los Angeles	57	48	.543	2½
Oakland	46	57	.447	12½
Seattle	44	60	.423	15

Last night's results
L.A. Angels 3 Cleveland 1
Seattle 9 N.Y. Yankees 2
Chicago White Sox 2 Detroit 1
Toronto 3 Baltimore 0
Kansas City at Boston
Minnesota at Texas
Tampa Bay at Oakland
Tuesday's results
L.A. Angels 2, Cleveland 1
N.Y. Yankees 4, Seattle 1
Baltimore 12, Toronto 4
Boston 13, Kansas City 9
Minnesota 9, Texas 8
Detroit 5, Chicago White Sox 4
Oakland 6, Tampa Bay 1
Today's games
L.A. Angels (Pineiro 5-5) at Detroit (Penny 7-7), 1:05 p.m.
Kansas City (Hochevar 6-8) at Boston (Beckett 9-3), 1:35 p.m.
Tampa Bay (W.Davis 7-7) at Oakland (Harden 2-1), 3:35 p.m.
Baltimore (Bergesen 2-6) at Toronto (C.Villanueva 5-2), 7:07 p.m.
Minnesota (S.Baker 8-5) at Texas (M.Harrison 8-7), 8:05 p.m.
Tomorrow's games
Baltimore at N.Y. Yankees, 7:05 p.m.
Kansas City at Cleveland, 7:05 p.m.
L.A. Angels at Detroit, 7:05 p.m.
Texas at Toronto, 7:07 p.m.
Boston at Chicago White Sox, 8:10 p.m.
Minnesota at Oakland, 10:05 p.m.
Tampa Bay at Seattle, 10:10 p.m.

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez, Bos	100	411	73	143	.348
MiYoung, Tex	102	407	52	135	.332
Bautista, Tor	92	322	76	106	.329
Kotchman, TB	87	293	25	96	.328
JhPeralta, Det	93	335	45	108	.322
Ellsbury, Bos	100	411	75	132	.321
VMartinez, Det	88	325	44	104	.320
MiCabrera, Det	103	357	70	113	.317
Konerko, ChW	99	361	49	112	.310
YEscobar, Tor	94	361	56	111	.307

HOME RUNS — Bautista, Toronto, 31; Granderson, New York, 28; Teixeira, New York, 28; Konerko, Chicago, 24; NCruz, Texas, 22; MiCabrera, Detroit, 21; Mar-Reynolds, Baltimore, 21.
PITCHING — Sabathia, New York, 15-5; Weaver, Los Angeles, 14-4; Verlander, Detroit, 14-5; Tomlin, Cleveland, 11-5; Scherzer, Detroit, 11-5; 7 tied at 10.
STRIKEOUTS — Verlander, Detroit, 169; Sabathia, New York, 156; Shields, Tampa Bay, 151; FHernandez, Seattle, 148; Price, Tampa Bay, 141; CWilson, Texas, 135; Weaver, Los Angeles, 134.
Not including yesterday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	65	38	.631	—
Atlanta	60	44	.577	5½
New York	53	51	.510	12½
Florida	50	53	.485	15
Washington	49	53	.480	15½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	55	48	.534	—
Milwaukee	55	49	.529	½
Pittsburgh	53	48	.525	1
Cincinnati	50	54	.481	5½
Chicago	42	61	.408	13
Houston	33	70	.320	22

WEST DIVISION

	W	L	Pct	GB
San Francisco	60	44	.577	—
Arizona	56	47	.544	3½
Colorado	48	56	.462	12
Los Angeles	47	56	.456	12½
San Diego	45	59	.433	15

Last night's results
San Francisco 2 Philadelphia 1
N.Y. Mets 8, Cincinnati 2
Florida at Washington
Pittsburgh at Atlanta
Chicago Cubs at Milwaukee
Houston at St. Louis
Arizona at San Diego
Colorado at L.A. Dodgers
Tuesday's results
Florida 11, Washington 2
Philadelphia 7, San Francisco 2
N.Y. Mets 8, Cincinnati 6
Atlanta 4, Pittsburgh 3, 19 innings
Milwaukee 3, Chicago Cubs 2
St. Louis 3, Houston 1
Arizona 6, San Diego 1
L.A. Dodgers 3, Colorado 2
Tonight's games
Florida (Undecided) at Washington (Lannan 7-6), 12:35 p.m.
N.Y. Mets (Capuano 8-10) at Cincinnati (H.Bailey 5-4), 12:35 p.m.
Chicago Cubs (R.Wells 2-3) at Milwaukee (Marcum 9-3), 2:10 p.m.
Arizona (D.Hudson 10-6) at San Diego (Latos 5-10), 3:35 p.m.
San Francisco (Undecided) at Philadelphia (K.Kendrick 5-4), 7:05 p.m.
Pittsburgh (Correia 11-8) at Atlanta (D.Lowe 6-8), 7:10 p.m.
Houston (W.Rodriguez 6-7) at St. Louis (J.Garcia 10-4), 8:15 p.m.
Tomorrow's games
N.Y. Mets at Washington, 7:05 p.m.
Pittsburgh at Philadelphia, 7:05 p.m.
San Francisco at Cincinnati, 7:10 p.m.
Florida at Atlanta, 7:35 p.m.
Houston at Milwaukee, 8:10 p.m.
Chicago Cubs at St. Louis, 8:15 p.m.
Colorado at San Diego, 10:05 p.m.
Arizona at L.A. Dodgers, 10:10 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes, NYM	88	390	75	135	.346
Braun, Mil	93	340	63	111	.326
Votto, Cin	102	377	62	119	.316
Helton, Col	92	308	44	97	.315
DanMurphy, NYM	99	355	42	111	.313
Morse, Was	91	311	44	97	.312
Holliday, StL	77	274	50	85	.310
Kemp, LAD	103	371	62	115	.310
Pence, Hou	97	393	48	121	.308
McCann, Atl	91	333	43	102	.306

Not including last night's games

BLUE JAYS 3, ORIOLES 0

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Hardy ss	4	0	0	0	YEscor ss	4	1	2	0
Markks rf	3	0	0	0	EThms rf	4	0	2	1
AdJons cf	4	0	2	0	Bautist 3b	4	0	1	1
Guerrr dh	4	0	0	0	Lind 1b	3	0	1	0
J.Bell pr	0	0	0	0	Encrnc dh	4	0	1	0
D.Lee 1b	2	0	1	0	Snider lf	4	0	0	0
Wieters c	4	0	1	0	A.Hill 2b	4	0	1	0
MrRynl 3b	4	0	0	0	RDavis cf	3	1	1	0
Pie lf	2	0	0	0	Arencii c	4	1	1	1
BDavis 2b	3	0	0	0					
Totals	**30**	**0**	**4**	**0**	**Totals**		**34**	**3**	**10**	**3**

Baltimore	000	000	000	0
Toronto	110	100	00x	3

DP—Toronto 2. LOB—Baltimore 7, Toronto 10. 2B—Ad.Jones (18), Encarnacion (24). HR—Arencibia (16). SB—R.Davis 2 (31).

	IP	H	R	ER	BB	SO
Baltimore						
Simon L,2-4	5	7	3	3	2	7
Jakubauskas	1	2	0	0	1	2
Patton	1	1	0	0	0	2
Gregg	1	0	0	0	0	2
Toronto						
R.Romero W,8-9	8 1-3	4	0	0	3	9
Rauch S,8-12	2-3	0	0	0	0	0

HBP—by R.Romero (D.Lee). WP—Jakubauskas, R.Romero.
Umpires—Home, Bruce Dreckman; First, Alan Porter; Second, Rob Drake; Third, Gary Darling.
T—2:46. A—16,861 (49,260).

BLUE JAYS LEADERS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	322	76	106	31	70	.329
Molina	112	14	35	2	9	.313
Escobar	361	56	111	9	38	.307
Thames	147	26	44	4	19	.299
Lind	307	43	89	19	59	.290
Encarnacion	288	38	75	7	25	.260
Patterson	317	44	80	6	33	.252
Davis	294	40	70	1	27	.238
McCoy	77	11	18	1	5	.234
Snider	163	18	38	3	30	.233
Hill	327	32	75	5	38	.229
McDonald	142	17	31	2	16	.218
Arencibia	277	32	59	15	42	.213

PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Rzepczynski	2	3	0	39.1	33	2.97
Frasor	2	1	0	42.1	37	2.98
Janssen	3	0	1	30.0	28	3.00
Romero	7	9	0	134.2	117	3.27
Villanueva	5	2	0	90.0	61	3.40
Dotel	2	1	1	29.1	30	3.68
Rauch	4	3	7	41.2	29	3.89
Cecil	3	4	0	57.1	42	4.71
Morrow	7	5	0	105.0	122	4.71
Francisco	1	4	10	29.2	35	5.16
Camp	1	1	1	44.2	20	5.24
Ledezma	0	0	0	2.0	2	9.00

Not including last night's game

CALENDAR

July 31 — Last day to trade a player without securing waivers.
Aug. 15 — Last day to sign selections from 2011 amateur draft who have not exhausted college eligibility.
Aug. 17-18 — Owners' meetings, Cooperstown, N.Y.
Sept. 1 — Active rosters expand to 40 players.
Sept. 30 or Oct. 1 — Playoffs begin.
Oct. 19 — World Series begins, city of NL champion.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	4	3	1	0	133	95	6
Winnipeg	4	3	1	0	99	74	6
Hamilton	4	2	2	0	98	86	4
Toronto	4	1	3	0	80	116	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	4	4	0	0	127	74	8
Calgary	4	2	2	0	95	99	4
Saskatchewan	4	1	3	0	83	138	2
B.C.	4	0	4	0	106	136	0

WEEK FOUR
Sunday's result
Saskatchewan 27 Montreal 24
WEEK FIVE
Tonight's game
All times Eastern
B.C. at Winnipeg, 8 p.m.
Tomorrow's games
Montreal at Hamilton, 6:30 p.m.
Toronto at Edmonton, 9:30 p.m.
Saturday's game
Calgary at Saskatchewan, 9:30 p.m.
WEEK SIX
Thursday, Aug. 4
Montreal at Toronto, 7:30 p.m.
Friday, Aug. 5
Edmonton at Winnipeg, 7:30 p.m.
Saskatchewan at B.C., 10:30 p.m.
Saturday, Aug. 6
Hamilton at Calgary, 9:30 p.m.

SOCCER

MLS

All times Eastern

ALL-STAR GAME

At Harrison, N.J.
Last night's result
Manchester U. (Eng.) at MLS All-stars

UEFA

CHAMPIONS LEAGUE

Yesterday's results
Odense (Denmark) 1 Panathinaikos (Greece) 1
Standard Liege (Belgium) 1 Zurich (Switzerland) 1
Benfica (Portugal) 2 Trabzonspor (Turkey) 0
Viktoria Plzen (Czech Republic) 1 Rosenborg (Norway) 0
Champions Route
Dinamo Zagreb (Croatia) 2 HJK Helsinki (Finland) 1
Copenhagen (Denmark) 1 Shamrock Rovers (Ireland) 0
Maccabi Haifa (Israel) 2 Maribor (Slovenia) 1

CONCACAF

CHAMPIONS LEAGUE

Yesterday's results
Real Esteli (Nicaragua) at Toronto
Puerto Rico Islanders at Isidro Metapan (El Salvador)
Olimpia (Honduras) at Santos Laguna (Mexico)

ACTIVITY

BASEBALL

AMERICAN LEAGUE

CHICAGO WHITE SOX — Recalled OF Alejandro De Aza from Charlotte (IL). Optioned RHP Zach Stewart to Charlotte.
TORONTO BLUE JAYS — Agreed to terms with RHP Jeremy Gabryszwski, SS Andy Burns, SS Peter Mooney and SS Justin Atkinson. Traded RHP Jason Frasor and RHP Zach Stewart to the Chicago White Sox for RHP Edwin Jackson and INF Mark Teahen. Traded Jackson, RHP Octavio Dotel, LHP Marc Rzepczynski, OF Corey Patterson and three players to be named or cash to St. Louis for OF Colby Rasmus, LHP Brian Tallet, LHP Trever Miller and RHP P.J. Walters.

NATIONAL LEAGUE

ATLANTA BRAVES — Placed OF Jordan Schafer and C Brian McCann on the 15-day DL. Recalled C J.C. Boscan and OF Wilkin Ramirez from Gwinnett (IL).
COLORADO ROCKIES — Recalled INF Chris Nelson from Colorado Springs (PCL).
MILWAUKEE BREWERS — Traded C Wil Nieves to Atlanta for cash.
NEW YORK METS — Agreed to terms with RHP Michael Fulmer and RHP John Gant.
PITTSBURGH PIRATES — Placed IN F Chase d'Arnaud on the 15-day DL. Recalled RHP Chris Leroux from Indianapolis (IL).
WASHINGTON NATIONALS — Designated OF/1B Matt Stairs for assignment.

FOOTBALL

NFL

BUFFALO BILLS — Agreed to terms with QB Tyler Thigpen.
CAROLINA PANTHERS — Agreed to terms with DT Ron Edwards.
CINCINNATI BENGALS — Agreed to terms with QB Bruce Gradkowski.
DENVER BRONCOS — Signed CB Brandon Bing, DT Ronnell Brown, WR Mark Dell, LB Derek Domino, RB Mario Fannin, WR D'Andre Goodwin, T Adam Grant, WR Jamel Hamler, CB Chris Harris, LB A.J. Jones, LB Deron Mayo, T Curt Porter, CB James Rogers, FB Austin Sylvester, QB Adam Weber, DT Colby Whitlock and WR Marshall Williams.
HOUSTON TEXANS — Agreed to terms with WR Jacoby Jones and OT Rashad Butler.
JACKSONVILLE JAGUARS — Agreed to terms with LB Paul Posluszny on a six-year contract.
KANSAS CITY CHIEFS — Signed DL Brandon Bair, TE Charlie Gantt, OL Chris Harr, OL Mike Ingersoll, LB Amara Kamara, OL Butch Lewis, OL David Mims, DL Lucas Patterson, WR Josue Paul and DB Demond Washington.
MINNESOTA VIKINGS — Signed G Rod Huntley, FB/TE Allen Reisner, CB Marcell Gipson, DE David Akinniyi, G Byron Isom, WR Andre Holmes, CB Devon Torrence, S Ryan Hill, G Conan Amituanai, RB/FB Matt Asiata, S Chris Adingupu, WR Dominique Johnson, LB Larry Dean and PK Nathan Whitaker.
NEW YORK GIANTS — Signed coach Tom Coughlin to a contract extension the the 2012 season.
SAN DIEGO CHARGERS — Agreed to terms with CB Eric Weddle.
SAN FRANCISCO 49ERS — Signed FB Bruce Miller and Daniel Kilgore to four-year contracts and C Chase Beeler, WR Tyler Beiler, OL Donovan Edwards, T Derek Hall, WR Joe Hastings, WR Chris Hogan, RB Jeremiah Masoli, TE Konrad Reuland, LB Kenny Rowe, NT Sealver Siliga, DB Anthony West, T Kenny Wiggins, NT Ian Williams, WR Dontavia Bogan, DE Brian Bulcke, DE Demarcus Dobbs, CB Corey Nelms and RB Seth Smith.
TAMPA BAY BUCCANEERS — Signed RB Armando Allen Jr., C Matt Allen, T Quintin Borders, T Cory Brandon, QB Mike Coughlin, LS Aaron Feld, LB Brandon Heath, S Devin Holland, K Josh Jasper, WR Detron Lewis, RB Mossis Madu, LB Nick Reveiz, WR Jock Sanders, LB Derrell Smith, WR Raymond Webber and LS Christian Yount.
WASHINGTON REDSKINS — Traded DE Jeremy Jarmon to Denver for WR Jabar Gaffney.

HOCKEY

NHL

DETROIT RED WINGS — Re-signed RW Francis Pare to a two-year contract.
NEW YORK RANGERS — Agreed to terms with F Ryan Callahan.
PHOENIX COYOTES — Signed G Justin Pogge to a one-year contract.

TENNIS

WTA-BANK OF THE WEST CLASSIC

At Stanford, Calif
Yesterday's results
Singles — Second Round
Marion Bartoli (3), France, def. Rebecca Marino, Vancouver, 6-4, 6-3.
Dominika Cibulkova (8), Slovakia, def. Christina McHale, U.S., 6-4, 2-6, 6-3.

ATP-STUDENA CROATIA OPEN

At Umag, Croatia
Yesterday's results
Singles — Second Round
Alexandr Dolgopolov (2), Ukraine, def. Filippo Volandri, Italy, 6-1, 6-2.
Juan Carlos Ferrero, Spain, def. Ivan Ljubicic (3), Croatia, 1-6, 6-3, 6-4.
Carlos Berlocq, Argentina, def. Tommy Robredo (5), Spain, walkover.
Albert Ramos, Spain, def. Gianluca Naso, Italy, 6-1, 6-3.

ATP-CREDIT AGRICOLE SUISSE OPEN GSTAAD

At Gstaad, Switzerland
Singles — First Round
First Round
Matthias Bachinger, Germany, def. Pablo Andujar (7), Spain, 6-1, 6-4.
Second Round
Mikhail Youzhny (3), Russia, def. Denis Istomin, Uzbekistan, 6-3, 6-2.
Marcel Granollers (8), Spain, leads Igor Andreev, Russia, 6-1, 4-3, susp., rain.
Santiago Giraldo, Colombia, leads Andreas Haider-Maurer, Austria, 6-3, 2-2 (0-1), susp., rain.

ATP-FARMERS CLASSIC

At Los Angeles
Yesterday's results
Singles
Second Round
Ernests Gulbis, Latvia, def. Daniel Kosakowski, U.S., 6-2, 6-4.
Ryan Harrison, U.S., def. Michael Russell, U.S., 6-3, 6-4.

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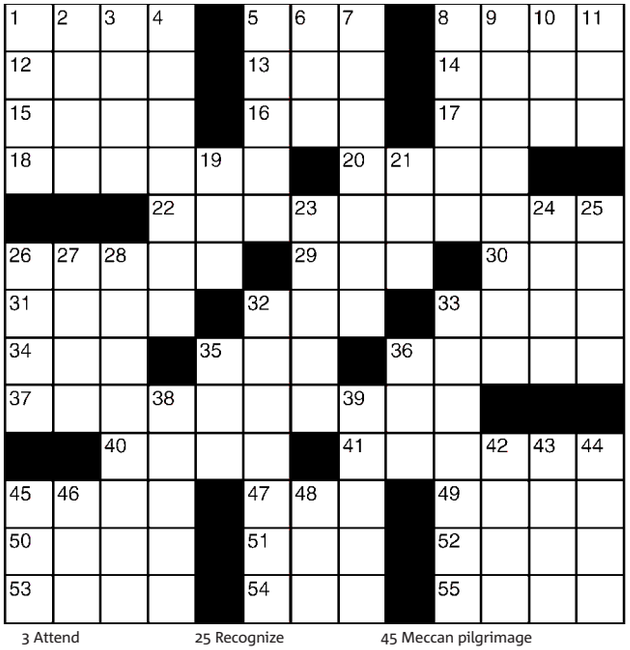
Crossword



Across

1 Long story
5 Pouch
8 Advantage
12 "— have believed it?"
13 Former Pan Am rival
14 Check
15 Greek vowel
16 Conger, for one
17 McNally partner
18 Nearsightedness
20 Blunder
22 Relax for a bit
26 Approach bedtime
29 Numerical prefix
30 Sister
31 Saharan
32 Bashful
33 No from the White House
34 Chaps
35 Will Smith biopic
36 Be philanthropic
37 What I'd've done "if I knew you were comin' "
40 Narrative writing
41 Computer whiz
45 Medal earner
47 Center
49 Marx or Malden
50 MasterCard alternative, for short
51 Schedule abbr.
52 B.P.O.E. members
53 Punch partner
54 Shaft of light
55 Medicinal amount

Down

1 Emulate Michael Phelps
2 "Hi, sailor!"
3 Attend
4 Made suitable
5 The turf in "surf and turf"
6 Shock and —
7 City in Alberta
8 See 20-Across
9 Wounded with sound
10 Martini ingredient
11 Conclusion
19 Author Fleming
21 Kyoto cummerbund
23 Body of principles
24 Car
25 Recognize
26 Mary's follower
27 Neighborhood
28 Worked unskillfully (with)
32 Horror movie villain, often
33 Like some sweaters
35 Commotion
36 — out a living
38 Strong adhesive
39 Cornered
42 Head light?
43 Annoys
44 Otherwise
45 Meccan pilgrimage
46 Ostrich's cousin
48 Actress Hagen

▶ Yesterday's answer

Sudoku

	3		6		4		5	
		1	8		9	4		
7								9
		6		2		1		
3								6
		5		9		7		
6								4
		7	2		8	3		
	2		7		1		9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	2	8	4	9	5	7	3	1
5	3	1	7	2	8	6	9	4
4	7	9	1	6	3	2	8	5
8	5	7	3	1	6	4	2	9
1	9	2	5	4	7	8	6	3
3	4	6	2	8	9	5	1	7
2	1	5	6	3	4	9	7	8
9	6	4	8	7	1	3	5	2
7	8	3	9	5	2	1	4	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

dear dear agni yew complimented mi todai. meye shining personality that brings gloree to your dai. there are such few peepole that understand mi 4 who i m. hour lives weel never be seperate. the hare can be fownd on my belli now. tape did not work but super glue did the trick. it is a constant presents. the tickle reminds me of you. forever my oneness. **BELOVED**

Lover Man, Geography really sucks. But no matter the distance and circumstances, my love for you will never die. Forever and ever. Promise <3 **LOVER GIRL**

My Kisser Boy, Love u when u KISSED me babes..it wasnt long time ago, beautiful experience - yr fingers have magic when they write :)) thank u.
KISS YOU WITH PASSION EVERY TIME

Today
27°/20°
Variable
Friday
28°/19°
Partly sunny
The Weather Network
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Start thinking seriously about developing an artistic project on which you have made several false starts.

♉ Taurus April 21-May 21 Some people always seem to put their emotions before logic, and you will meet one such individual today.

♊ Gemini May 22-June 21 Try to remember that words can hurt as well as heal.

♋ Cancer June 22-July 22 There is no point in taking anything too seriously today. Instead focus on something that makes you smile.

♌ Leo July 23-Aug.23 You may want to start something new but there is no need to rush.

♍ Virgo Aug. 24- Sept. 22 What goes through your mind over the next few days will be the blueprint for your life in the months ahead.

♎ Libra Sept. 23-Oct. 23 Go where there is music playing and people laughing — it's where you'll feel most at home.

♏ Scorpio Oct. 24-Nov. 22 If you hesitate for even a minute, an opportunity could pass you by. Act quickly.

♐ Sagittarius Nov. 23-Dec. 21 You may not agree with a friend but don't let it come between you.

♑ Capricorn Dec. 22-Jan. 20 You've allowed yourself to get too attached to something of a material nature.

♒ Aquarius Jan. 21-Feb. 18 It will pay you to let loved ones know what you are up to today.

♓ Pisces Feb. 19-March 20. It may be tempting to try to get through your workload in one mad rush. You must resist that urge.

SALLY BROMPTON

Caption contest

PETR DAVID JOSEK/ THE ASSOCIATED PRESS

(NATACHA PISARENKO/ THE ASSOCIATED PRESS)

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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+ $1,495 FREIGHT AND PRE-REDELIVERY
$13,295
+ TAXES

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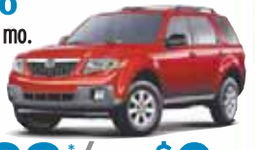
0% 84 mo.



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